

WEST Search History

DATE: Tuesday, February 04, 2003

<u>Set Name</u> side by side	<u>Query</u>	<u>Hit Count</u>	<u>Set Name</u> result set
<i>DB=USPT,PGPB,JPAB,EPAB,DWPI,TDBD; PLUR=YES; OP=ADJ</i>			
L9	L8 and valerian	0	L9
L8	sakai.inv.	47223	L8
L7	l6 and valerian	1	L7
L6	L5 and (stress or stressed)	1102	L6
L5	shoji.inv.	54758	L5
L4	L3 and (cosmetic or perfume or fragrance)	44	L4
L3	l1 and (stress or strssed)	104	L3
L2	(valerian same (ester or oil))	279	L2
L1	valerian	755	L1

END OF SEARCH HISTORY

VALERIAN

Family: Valerianaceae, *Valeriana officinalis* L.

Source: Simon, J.E., A.F. Chadwick and L.E. Craker. 1984. Herbs: An Indexed Bibliography. 1971-1980. The Scientific Literature on Selected Herbs, and Aromatic and Medicinal Plants of the Temperate Zone. Archon Books, 770 pp., Hamden, CT.

Valerian, *Valeriana officinalis* L., is a hardy perennial, native to Europe and western Asia. Also known as common valerian and garden heliotrope, the plant has become naturalized in Canada and the southern United States. The valerian of commerce consists of both rhizomes and roots, collectively called roots. The plant is cultivated in Belgium, the Federal Republic of Germany, France, the Netherlands, and several eastern European countries (11.1-74). Reaching a height of 1 to 1.5 meters, the large herb has an externally yellow-brown rhizome and root, an erect, hollow stem, and fragrant, small, white to rose flowers that bloom in the spring.

Valerian will grow in many soil types but thrives in rich, heavy loam well supplied with moisture (14.1-29). The shade-tolerant plant is found wild in both damp woods and dry mountainous areas.

Plants are easily cultivated. They are started from seeds or by dividing roots that are often obtained in the wild. Usually planted in the autumn, the herb is harvested in fall or winter after two growing seasons (2.3-12). Tops are often cut to encourage continued rhizome growth. Roots are dug, washed, and dried with artificial heat.

The essential oil from valerian root contains the alkaloids valerine, valerianine, and chatinine, as well as tannins and resins (4.9-158, 7.1-91, 7.6-161, 14.1-35). Oil content is 0.5 to 1% of fresh weight. The quality and quantity of volatile oil obtained by steam distillation depends upon the age of the root and the environment. Constituents of the volatile oil include valeric acid, isovaleric acid, l-pinene, l-camphene, l-borneol, terpineol, and several other acids (14.1-11).

Valerian has several different applications. The root oil is used to flavor tobacco and beverages. The plant is also an ingredient of herbal teas and sometimes used as an ornamental, since several cultivars differing in flower color are available (11.1-96). Primary applications however, are in the pharmaceutical industry where the herb is used in the preparation of mild sedatives, carminatives, and medicinal teas.

Traditional medical usage classifies valerian as an antispasmodic, calmative, carminative, nervine, stomachic, vermifuge, and tonic. The herb has been used against fever, fatigue, headaches, insomnia, hysteria, epileptic seizures, and stress. Chinese herbal medicine employs valerian for treatment of influenza, rheumatism, neurasthenia, insomnia, and traumatic injuries (11.1-10). The roots or the oil of valerian roots depresses the central nervous system (14.1-11). The many iridoids called valepotriates of valerian are reported to have a high degree of biological activity with central depressive action resembling tranquilizers (7.6-161). Competition from other products has led to a decline in the use of valerian-based sedatives.

Valeriana wallichii, cultivated in India and other Asian countries, and *Valeriana officinalis* L. var. *latifolia* Miquel, Japanese valerian, known as kesso, are also marketed as valerian root. American valerian or ladyslipper is actually *Cypripedium calceolus* L. of the Orchidaceae family. The heliotrope of the Boraginaceae family is *Heliotropium arborescens* L., a hairy, tender perennial with fragrant violet to white flowers, cultivated as an ornamental, perfume, and medicinal plant.

Valerian rhizomes and roots are generally recognized as safe for human consumption (21 CFR section 172.515 [1982]).

[Note: References listed above in parentheses can be found in full in the original reference].

[Aromatic and Medicinal Plants Index](#) | [Purdue Guide to Medicinal and Aromatic Plants](#)

Last modified 6-Dec-1997 by EFG

1: Lippincotts Prim Care Pract 1999 May-Jun;3(3):290-304

Dietary supplements used in the treatment of depression, anxiety, and sleep disorders.

Cauffield JS, Forbes HJ.

West Palm Beach Veterans Affairs Medical Center, FL 33410-6400, USA.

Dietary supplement use has increased during the past decade. Epidemiologic studies suggest that patients turn to dietary supplements because of a reluctance to take prescription medications or a lack of satisfaction with the results. They often perceive dietary supplements to be a safer or more natural alternative. Patients with mental health conditions, including depression, anxiety, and sleep disorders, are among those who use dietary supplements. St. John's Wort is used to treat depression. Clinical studies comparing dietary supplements with low-dose antidepressants (maprotiline, amitriptyline, or imipramine at 75 mg/day) or high-dose antidepressants (imipramine at 150 mg/day) find no significant difference between treatments. Kava kava is used to treat anxiety. Clinical trials demonstrate it to be superior to placebo, and roughly equivalent to oxazepam 15 mg/day or bromazepam 9 mg/day. Agents discussed for use in sleep disorders include melatonin, valerian, 5-hydroxytryptamine, catnip, chamomile, gotu kola, hops, L-tryptophan, lavender, passionflower, skullcap, and valerian. Familiarity with the evidence for use and the possible resulting risks can help health professionals to guide patient decisions regarding use of dietary supplements.

Publication Types:

Review

Review, Tutorial

PMID: 10711131 [PubMed - indexed for MEDLINE]

1: Arzneimittelforschung 1995 Jul;45(7):753-5

In vitro study on the interaction of *Valeriana officinalis* L. extracts and their amino acids on GABAA receptor in rat brain.

Cavadas C, Araujo I, Cotrim MD, Amaral T, Cunha AP, Macedo T, Ribeiro CF.

Laboratory of Pharmacology, Faculty of Medicine, University of Coimbra, Portugal.

This work studied in vitro the interaction of aqueous and hydroalcoholic extracts of *Valeriana officinalis* L. and compounds that are present in the extracts (amino acids and valerenic acid) with the GABAA (gamma-aminobutyric acid) receptor, using the [3H] muscimol binding technique to crude synaptic membranes from rat brain cortices. Both extracts displaced [3H]muscimol bound and this effect is probably due only to their amino acid content, specially GABA. This fact explains the in vitro effect of valerian extracts on GABAA receptor but not their sedative effect.

PMID: 8573216 [PubMed - indexed for MEDLINE]